



Ridge Community Guide

October 4, 2026

Celebrations

What was something from this past week or two that made you give thanks or praise?

Connection

Think of a piece of advice you got that you knew was good, but took you a long time to actually act on. What finally got you to do it (or are you still working on it)?

Prayer

Pray about the celebrations or what someone has shared

Scripture Reading

James 1:19-27

J E S U S
C O M M U N I T Y
C I T Y

Conversation

1. **James says to be "quick to listen, slow to speak, slow to become angry" (v19). Which of these three is hardest for you personally?**

a. What usually triggers it?

2. **James writes: "human anger does not produce the righteousness that God desires" (v20).**

a. When you get angry, is your natural tendency more towards fight (attack) or flight (withdraw)?

b. How does each option "not produce the righteousness that God desires"?

3. **James compares hearing the Word without doing it to a man looking in a mirror and then forgetting what he looks like (v23-24).**

a. What are the advantages and drawbacks of reading through the Bible in a year?

b. What are the advantages and drawbacks of going really slowly through a part of the Bible over time?

c. What does Christian meditation look like? How is this different from the meditation of Eastern practices?

d. Tell of a time when a verse or story or chapter of the Bible really spoke to you and changed how you thought or acted?

4. **Read v26-27. James says that talk is cheap and that "true religion" is about actually doing something about the injustice and evil in the world.**

Spiritual Formation Practices

1. **Slow Down Before You Speak:** This week, practice a pause, even just three seconds, before responding in a tense conversation. Notice what changes.
2. **One Act of "Pure Religion":** Identify one vulnerable or overlooked person in your life this week (a neighbor, a coworker, someone at church) and take one concrete step to care for them.

Ridge Reminders

Medical Ethics: Four sessions. Foundations. Beginnings of Life. Addictions. Compassionate Vocations. Starting October 19. Registration online.

Discovering a Biblical Worldview: Discovering a Biblical Worldview is a six-part series designed to support you in faithfully living your life as a Christian within our culture. Starting October 19. Registration online.

Ridge Serves

Ridge Kids: Hearts and hands needed in every classroom to serve once a month. Reach out to Kelly (kelly@ridgechurch.ca)

Food Bank On Wheels (Non-perishables) & **Community Hub** (Clothing) donation bins are located in both entrances.

Prayer Requests



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